

e-Safe #50

Health & Safety Directorate: news, events, advice and information.



This May, think Electrical Safety

We will be discussing one aspect of health and safety in the workplace each month. Understand the standards we suggest you aim for, and read our helpful tips and tricks to see what you can do to achieve them. This month's topic is electrical safety. [More.](#)

Latest updates:

- Book on to our next MySafety risk assessment workshop (HS045) [here](#) – running on June 21st from 1:30pm-3:30pm, and on July 12th, from 10am-12pm.
- Click [here](#) to view a new feature on our website, where you have the chance to watch accredited informative **safety videos** on a range of topics.
- Congratulations to all the winners! See [pictures](#) from our internal H&S awards this year that took place at our Annual Health and Safety Event.
- We are proud to announce that QMUL Health and Safety Directorate (HSD) has won an International Safety Award with Merit from the British Safety Council. [More.](#)



B is for burns:

Do you know what the difference is between a hot, cold, chemical and electrical burn? Learn the difference between them and the best way to treat yourself and others in an emergency. [More.](#)



Advice from the experts:

- Test and refresh your skills on what it takes to **save a life** with this interactive app and live-action movie you can play as a game. [More.](#)
- Sat in the same chair you inherited from your predecessor? Complaining of back/neck pain whenever you're typing away? We see this too often. Do a Display Screen Equipment Assessment now to see what you can do to make working at your desk less painful. [More.](#)



Mental Health Awareness Week (14th-20th May)

This year's [Mental Health Awareness Week](#) focuses on stress. Identify your stresses and discover the best coping

mechanisms for you with this [interactive tool](#) and [stress container exercise](#).

Find out how you can promote positive mental health and begin your journey as a Mental Health First Aider [here](#).

Wellbeing:



Do this – Take 10 minutes to complete this free personality test, based on Myers-Brigg, for a detailed report on your personality at home and at the workplace. Be honest with your answers for an accurate insight, which can help you find the best way to work to suit you! [More](#).

Try this – Make a huge difference with a small change. Try swapping your bottles of oil for cooking oil sprays. Less fat, less calories and better coverage per spray, without compromising on food quality and flavour. Sprays range from sunflower oil, olive oil, to even avocado oil. Purchase the right oil for the job or make your own spray at home.

H&S Myth-busting

“It’s okay to pour chemicals down the sink as long as I dilute it enough beforehand.”

Myth or not? Find out [here](#)

Sixty seconds with... Dr. Steven Coppen



Train your brain with our courses

23 May	10:00	Decontamination and Sterilisation (HS026)
24 May	10:00	Manual Lifting and Handling (HS004)
31 May	10:00	Hazardous Substances Risk Assessment Refresher (HS015)
05 Jun	10:00	Hazardous Substance Risk Assessment (COSHH) (HS005)
06 Jun	10:00	Bio Hazards and GM Agents Refresher (HS030)
07 Jun	09:00	First Aid Requalification - 2 DAY (HS036)
11 Jun	10:00	GM Risk Assessment and Notification (HS029)
12 Jun	10:00	Fire Marshal Training (HS016)
19 Jun	10:00	Selection of Lab PPE (HS028)
20 Jun	09:00	IOSH Working Safely (HS031)
21 Jun	13:30	MySafety Risk Assessment Workshop

Please click [here](#) for more information, including full course details, how to book, and a matrix to help you identify mandatory training courses specific to your role.

Visit our [website](#) for more information or email our [helpdesk](#) with your queries.
Want to be featured as our person of the month? Contact [Irida Gaikwad](#).